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| arteries & veins2 | **Biology** | **شعار-القسم** |
| **Blood pressure**  **Worksheet-6-** |

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| Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Class: 8 / ……… |
| Book page:606-611 | **Date: /10 /2011** |

1- a-Define the blood pressure?

**Blood pressure is the force of your blood pushing against the walls of your arteries.**

b-What causes blood pressure?

**The higher the blood pressure, the greater the risk of a heart attack, heart failure, kidney disease.**

c- Use the table below to write **high blood pressure** or **low blood pressure** to describe each situation of the following:

|  |  |
| --- | --- |
| **The blood pressure** | **The situation** |
| **high blood pressure** | When our heart contracts |
| **low blood pressure** | When our heart relaxes |
| **high blood pressure** | In our arteries, |
| **low blood pressure** | In our veins |

2- a- Normal blood pressure for an adult is "120 over 80" or 120/80, What does that mean?

**The bigger number (120) is the pressure of heart contraction, or beats; this number is called the systolic pressure. The smaller number (80) is the pressure when your heart relaxes between beats; this number is called the diastolic pressure**

b- High blood pressure is an indicator of circulatory problems, Explain?

**High blood pressure means your heart is working extra hard to push blood through your arteries; this may cause heart problems.**heart problems. . . . . . . . . blood pressure which pushes the blood through the arteries. -